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BUYING FOOD

A GUIDE FOR CALCULATING AMOUNTS TO BUY
AND COMPARING COSTS IN HOUSEHOLD QUANTITIES

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UNITED STATES
DEPARTMENT OF
AGRICULTURE

HOME ECONOMICS
RESEARCH REPORT
NUMBER 42

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BUYING FOOD

A GUIDE FOR CALCULATING AMOUNTS TO BUY AND COMPARING COSTS IN HOUSEHOLD QUANTITIES

by

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Consumer and Food Economics Institute

Information in this food buying guide will be particularly useful to educational and consumer programs on family food buying. The guide should be a valuable reference for home economics teachers and students, Extension specialists—including 4-H leaders and home demonstration agents—and for workers in welfare and health agencies.

The guide serves a twofold purpose by helping the food buyer—

- Know how much food to purchase. The amount of food to purchase to provide the number of servings needed by a family can be calculated so that leftover foods are kept at a minimum.

- Compare the costs of foods in various market forms and in different-sized containers. Economical choices of foods can be made using the guide to compare costs per serving of foods or market forms of the same food.

Foods are listed in alphabetical order for easy reference. A total of 727 entries are listed, including different market forms of many foods. Foods may be bought fresh, frozen, canned, or dried. Meat may be bought with bone and without bone; cereals, ready-to-eat or ready-to-cook; and fruits and vegetables in many forms.

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The method of preparing the food in the home is given since preparation influences the number of servings obtained. For example, 1 pound of fresh sweetpotatoes will give 5 servings of cooked, sliced sweetpotatoes and 3 servings of mashed sweetpotatoes. Serving size for both forms is 1/2 cup of sweetpotatoes.

In this guide, information about each food is given in columns under the following headings:

Description of food as purchased.—In this column the food is listed according to the form in which it is bought—fresh, canned, frozen, or dried. The food is further described by any preparation that is done by the food processor such as slicing, shelling, or removing bones.

Size of market unit.—This column gives common units of purchase for each food in customary units of weight or measure and their metric equivalent. For many foods the unit is a pound or 454 grams. For canned or packaged foods, the unit is the weight or volume indicated on the label. Volume or weight information in both customary and metric units is now contained on labels of many foods. With passage of the Metric Conversion Act of 1975, metric quantities can be expected to appear on labels of an increasingly larger number of foods and to be used with nonpackaged foods, such as fresh produce now sold by the pound.

Description of food as prepared after purchase.—This column lists any preparation given food by the consumer after purchase to get it ready to cook or serve. Preparation performed includes paring fruits and vegetables, cooking foods, rehydrating dried foods, and cutting or chopping foods into specific shape or size of piece.

Servings or measures per market unit.—This column shows the approximate number of servings or volume measures you can expect from the food described. The number of servings given for fresh fruits and vegetables is based on produce of good quality. The number of servings of cooked lean for fresh meat is based on meat with an average amount of fat and bone for the cut described.

Size of serving or measure.—This column gives a common serving size or volume measure for the food. The serving size is indicated by ounces of lean meat for meat, poultry, and fish, by the piece or number for some fruits and vegetables, and by volume for the remaining foods.

Amount-to-buy factor.—This is the number given in decimals. It is called an amount-to-buy factor because you can use it to determine the quantity of food to buy for the number of servings you need. The factor may also be used to compare the cost per serving for the various forms of a food.

HOW TO CALCULATE THE AMOUNT OF FOOD TO PURCHASE

To determine the number of market units—pounds, packages, or containers of a specified size—of a food to buy, multiply the AMOUNT-TO-BUY factor by the number of servings or measures needed to feed the family or group.

The number of servings needed may be different than the number of family members depending on size and appetite of family members. For example, adults or teenagers may eat more than the 3 ounces of meat or 1/2 cup of fruit or vegetables, while a small child may eat less. The number of servings needed may be different also for some foods than others because of likes and dislikes of family members.

Example

Suppose six servings of beef cube steaks, eight servings of cooked diced potatoes, and four servings of cooked fresh spinach are needed for a family meal. The following calculations show how to determine the amount to buy.

Fresh beef cube steaks

0.25 (amount-to-buy factor) $\times 6$ (number of servings)=
1.5 pounds of cube steak are needed.

Fresh potatoes

0.23 (amount-to-buy factor) $\times 8$ (number of servings)=
1.84 pounds of potatoes are needed.

Fresh spinach

0.37 (amount-to-buy factor) $\times 4$ (number of servings)=
1.48 packages of spinach, 10 ounces each, are needed.

Using these calculations, you would buy 1.5 pounds of cube steak, about 1 pound 14 ounces of potatoes, and 2 packages of spinach. The extra one-half package of spinach could be used for a salad for another meal.

HOW TO COMPARE COST PER SERVING

The amount-to-buy factor may also be used to compare the cost per serving for different foods and for the various forms of one food. To determine the cost per serving multiply the price per market unit by the amount-to-buy factor. Be sure the serving sizes of foods are equal when making a cost comparison.

Example

Suppose you plan to serve cut snap beans. The cost per 1/2-cup serving of the different forms of beans is calculated as follows:

Food as purchased	Current price per market unit	X	Amount-to-buy factor	=	Cost per serving
Fresh	\$0.49	X	0.18	=	\$0.09
Frozen, cut (9-oz package)	.31	X	.34	=	.11
Canned, cut (15-1/2-oz can)	.26	X	.28	=	.07

The price used must be for the food item as described in the first column and for the size of market unit shown in the second column of the table.

In this example, canned snap beans cost the least per serving, and the frozen beans the most. The same form of a food is not always the best buy at all seasons, however. Fresh foods are usually less expensive in season than at other times. Frozen and canned foods obviously cost less when they are sold at special prices.

METRIC EQUIVALENTS

The following table shows metric equivalents for selected customary units of weight or measure. Such information should help you to become familiar with relationships between metric units and customary units.

<u>Customary</u>	<u>Metric</u>
<u>Weight</u>	
1 ounce (oz)	28 grams(g)
4 ounces	113 grams
8 ounces	227 grams
1 pound (16 oz)	454 grams
2 pounds (32 oz)	907 grams
2.2 pounds (1b)	1 kilogram(kg)
<u>Volume</u>	
1 cup (8 fl oz)	237 milliliters(ml)
1 quart (32 fl oz)	946 milliliters
1.05 quarts (qt)	1 liter(l)

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Almonds:					
Hard shell:					
In shell-----	Pound (454 g)-----	Shelled:			
		Whole-----	1-1/2	1 cup-----	0.64
		Chopped-----	1-3/4	1 cup-----	.57
Paper shell:					
In shell-----	Pound (454 g)-----	Shelled:			
		Whole-----	2	1 cup-----	.51
		Chopped-----	2-1/4	1 cup-----	.45
All varieties:					
Shelled:					
Whole-----	Pound (454 g)-----	As purchased-----	3-1/4	1 cup-----	.32
		Chopped-----	3-1/2	1 cup-----	.28
Slivered-----	4-1/2 ounces (128 g)	As purchased-----	1	1 cup-----	.94
Apples:					
Fresh-----	Pound (454 g)-----	Uncooked:			
		Whole-----	3	1 medium----	.33
		Pared:			
		Chopped-----	2-3/4	1 cup-----	.35
		Diced or sliced-----	3-1/4	1 cup-----	.31
		Cooked:			
		Baked-----	3	1 medium----	.33
		Pared:			
		Sliced, with water and sugar.	2-3/4	1 cup-----	.36
		Sauce, sweetened-----	4	1/2 cup-----	.25

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Apples--Continued					
Canned:					
Slices-----	20 ounces (567 g)----	Fruit and juice-----	5	1/2 cup-----	0.20
		Fruit-----	2-1/4	1 cup-----	.43
Apple juice:					
Canned-----	32 fluid ounces (946 ml).	As purchased-----	8	1/2 cup-----	.12
	46 fluid ounces (1,36 l).	As purchased-----	11-1/2	1/2 cup-----	.09
Frozen concentrate----	6 fluid ounces (177 ml).	Reconstituted-----	6	1/2 cup-----	.17
Applesauce:					
Canned-----	16 ounces (454 g)----	As purchased-----	3-1/2	1/2 cup-----	.28
Apricots:					
Fresh-----	Pound (454 g)-----	Uncooked:			
		Whole-----	6	2 medium----	.17
		Halves, without pits-----	5-1/2	1/2 cup-----	.18
Canned:					
Halves-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.27
		Fruit-----	1	1 cup-----	.89
	30 ounces (850 g)----	Fruit and juice-----	6-3/4	1/2 cup-----	.15
		Fruit-----	2	1 cup-----	.48
Whole, peeled-----	17 ounces (482 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.26
		Fruit-----	1-1/4	1 cup-----	.88
		Fruit, without pits-----	1	1 cup-----	.92

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Dried: Halves-----	11 ounces (312 g)----	Uncooked: Whole----- Chopped----- Cooked: Fruit and juice----- Fruit-----	 2-1/2 2-1/4 7-1/2 2-1/4	 1 cup----- 1 cup----- 1/2 cup----- 1 cup-----	 0.41 .44 .13 .45
Apricot nectar: Canned-----	46 fluid ounces (1.36 1).	As purchased-----	11-1/2	1/2 cup-----	.09
Artichokes, hearts: Canned-----	8 ounces (227 g)----	Heated, drained-----	2-3/4	1/2 cup-----	.37
Asparagus : Fresh-----	Pound (454 g)-----	Cooked, drained: Spears----- Cuts and tips-----	 2-1/4 3	 1/2 cup (about 7 small spears). 1/2 cup-----	 .42 .34
Canned : Spears-----	14-1/2 ounces (411 g)	Heated, drained-----	3-1/4	1/2 cup-----	.32
Cuts and tips-----	14-1/2 ounces (411 g)	Heated, drained-----	2-1/2	1/2 cup-----	.39

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Asparagus--Continued					
Frozen:					
Spears-----	10 ounces (284 g)----	Cooked, drained-----	3-1/4	1/2 cup (about 7 small spears).	0.30
Cuts and tips-----	10 ounces (284 g)----	Cooked, drained-----	2-3/4	1/2 cup-----	.38
Avocados:					
Fresh-----	1, about 10 ounces (284 g).	Peeled:			
		Cubes-----	2-3/4	1/2 cup-----	.37
		Mashed-----	3/4	1 cup-----	1.16
Bananas:					
Fresh-----	Pound (454 g)-----	Peeled:			
		Mashed-----	1-1/4	1 cup-----	.76
		Sliced-----	4	1/2 cup-----	.24
		Whole-----	2-1/2	1 medium-----	.39
Barley-----	16 ounces (454 g)----	Uncooked-----	2-1/4	1 cup-----	.43
		Cooked-----	10-1/2	1 cup-----	.09
Beans:					
Great Northern:					
Dry-----	16 ounces (454 g)----	Uncooked-----	2-1/2	1 cup-----	.39
		Cooked, drained-----	13-1/4	1/2 cup-----	.08
Kidney:					
Canned-----	16 ounces (454 g)----	Undrained-----	3-1/2	1/2 cup-----	.28
		Heated, drained-----	3-1/2	1/2 cup-----	.29

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Dry-----	16 ounces (454 g)----	Uncooked----- Cooked, drained-----	2-1/2 12-1/2	1 cup----- 1/2 cup-----	0.40 .08
Lima:					
Fresh, in pod-----	Pound (454 g)-----	Shelled, cooked, drained----	2-1/2	1/2 cup-----	.42
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-1/2	1/2 cup-----	.28
Frozen:					
Baby-----	10 ounces (284 g)----	Cooked, drained-----	3-1/2	1/2 cup-----	.29
Fordhook-----	10 ounces (284 g)----	Cooked, drained-----	3-1/2	1/2 cup-----	.29
Dry:					
Large-----	16 ounces (454 g)----	Uncooked----- Cooked, drained-----	2-1/2 13-1/2	1 cup----- 1/2 cup-----	.38 .07
Small-----	16 ounces (454 g)----	Uncooked----- Cooked, drained-----	2-1/2 10-3/4	1 cup----- 1/2 cup-----	.42 .09
Mung:					
Dry-----	16 ounces (454 g)----	Uncooked----- Cooked, drained-----	2-1/4 14-1/4	1 cup----- 1/2 cup-----	.46 .07
Sprouts:					
Canned-----	16 ounces (454 g)----	Heated, drained-----	1-3/4	1 cup-----	.54
Pea (navy):					
Dry-----	16 ounces (454 g)----	Uncooked----- Cooked, drained-----	2-1/4 11-3/4	1 cup----- 1/2 cup-----	.44 .08
Pinto:					
Canned-----	15-1/2 ounces (439 g)	Heated, drained-----	3	1/2 cup-----	.32

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Beans, pinto--Continued					
Dry-----	16 ounces (454 g)----	Uncooked-----	2-1/2	1 cup-----	0.41
		Cooked, drained-----	12-3/4	1/2 cup-----	.08
Snap (green or wax):					
Fresh-----	Pound (454 g)-----	Cooked, drained, pieces-----	5-1/2	1/2 cup-----	.18
Canned:					
Cut-----	15-1/2 ounces (439 g)	Heated, drained-----	3-1/2	1/2 cup-----	.28
French cut-----	15-1/2 ounces (439 g)	Heated, drained-----	3-1/4	1/2 cup-----	.31
Whole-----	15-1/2 ounces (439 g)	Heated, drained-----	3-1/2	1/2 cup-----	.29
Frozen:					
Cut-----	9 ounces (255 g)----	Cooked, drained-----	3	1/2 cup-----	.34
	20 ounces (567 g)----	Cooked, drained-----	6-1/2	1/2 cup-----	.15
French style-----	9 ounces (255 g)-----	Cooked, drained-----	3-1/2	1/2 cup-----	.29
Soy:					
Green:					
Fresh, in pod-----	Pound (454 g)-----	Cooked, drained-----	3	1/2 cup-----	.32
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-3/4	1/2 cup-----	.27
Dry-----	16 ounces (454 g)----	Uncooked-----	2-1/2	1 cup-----	.38
		Cooked, drained-----	14-1/2	1/2 cup-----	.07
Sprouts:					
Fresh-----	Pound (454 g)-----	Blanched-----	6-3/4	1/2 cup-----	.15

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
bean sprouts (see mung beans and soy beans).					
Beer:					
Fresh:					
Brisket:					
Without bone-----	Pound (454 g)-----	Simmered-----	2-1/2	3 ounces cooked lean meat.	0.41
Ground:					
Regular-----	Pound (454 g)-----	Cooked-----	4	3 ounces cooked lean meat.	.25
Lean (25 percent fat).	Pound (454 g)-----	Cooked-----	4-1/4	3 ounces cooked lean meat.	.24
Extra lean (19 to 20 percent fat).	Pound (454 g)-----	Cooked-----	4-1/2	3 ounces cooked lean meat.	.23
With plant protein product.	Pound (454 g)-----	Cooked-----	4-1/2	3 ounces cooked lean meat with protein.	.23
Roasts:					
Chuck:					
With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat without bone.	.45

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
- Beef, fresh, roasts--Con. Without bone----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	0.35
Rib: With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.45
Without bone----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat.	.40
Round: Without bone----	Pound (454 g)-----	Cooked-----	3-1/4	3 ounces cooked lean meat.	.31
Rump: Without bone----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.34
Sirloin tip: Without bone----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.34
Short ribs: With bone-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat with- out bone.	.58

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Steaks:					
Chuck:					
With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	0.45
Without bone----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.35
Club:					
With bone-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat with- out bone.	.57
Cubed (minute)----	Pound (454 g)-----	Cooked-----	4	3 ounces cooked lean meat.	.25
Flank-----	Pound (454 g)-----	Cooked-----	3-1/2	3 ounces cooked lean meat.	.28
Porterhouse:					
With bone-----	Pound (454 g)-----	Cooked-----	2	3 ounces cooked lean meat with- out bone.	.52
Round:					
With bone-----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat with- out bone.	.33

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Beef, fresh, steaks--Con. Without bone----	Pound (454 g)-----	Cooked-----	3-1/4	3 ounces cooked lean meat.	0.31
Sirloin: With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.43
Without bone----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat.	.39
T-bone: With bone-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat with- out bone.	.55
Stew meat: Without bone-----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.35
Variety meats: Heart-----	Pound (454 g)-----	Cooked-----	2	3 ounces cooked meat.	.48
Kidney-----	Pound (454 g)-----	Cooked-----	2	3 ounces cooked meat.	.48

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Liver-----	Pound (454 g)-----	Cooked-----	3-3/4	3 ounces cooked meat.	0.27
Oxtail, with bone	Pound (454 g)-----	Trimmed, cooked-----	1-1/2	3 ounces cooked lean meat with- out bone.	.65
Tongue-----	Pound (454 g)-----	Cooked-----	3-1/4	3 ounces cooked lean meat.	.32
Cured: Corned beef brisket, without bone.	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat.	.46
Tongue, smoked-----	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked lean meat.	.37
Canned: Corned-----	12 ounces (340 g)----	Heated-----	4	3 ounces lean meat.	.25
Dried: Chipped-----	4 ounces (113 g)----	As purchased-----	1-3/4	3 ounces meat.	.60
Beets: Fresh, without tops---	Pound (454 g)-----	Cooked drained: Diced----- Sliced-----	3-3/4 3-1/2	1/2 cup----- 1/2 cup-----	.26 .30

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Beets--Continued					
Canned:					
Diced-----	16 ounces (454 g)----	Heated, drained-----	3-3/4	1/2 cup-----	0.26
Sliced-----	16 ounces (454 g)----	Heated, drained-----	3-1/2	1/2 cup-----	.29
Whole-----	16 ounces (454 g)----	Heated, drained-----	3-3/4	1/2 cup-----	.27
Beet greens:					
Fresh, untrimmed-----	Pound (454 g)-----	Cooked, drained-----	2-1/4	1/2 cup-----	.42
Biscuit mix-----	40 ounces (1.13 kg)--	As purchased-----	9-3/4	1 cup-----	.10
Blackberries:					
Fresh-----	Pint (about 0.5 l)---	Uncooked-----	4-3/4	1/2 cup-----	.21
Canned-----	16 ounces (454 g)----	Fruit and juice-----	3-1/2	1/2 cup-----	.29
		Fruit-----	1-1/4	1 cup-----	.73
Frozen, unsweetened---	16 ounces (454 g)----	Frozen fruit-----	3-1/4	1 cup-----	.30
		Sweetened, fruit and juice---	4-3/4	1/2 cup-----	.21
Blackeye peas:					
Fresh, shelled-----	Pound (454 g)-----	Cooked, drained-----	5-1/4	1/2 cup-----	.19
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-1/4	1/2 cup-----	.31
Frozen-----	10 ounces (284 g)----	Cooked, drained-----	3-1/2	1/2 cup-----	.29
Dry-----	16 ounces (454 g)----	Uncooked-----	2-3/4	1 cup-----	.37
		Cooked, drained-----	14-1/4	1/2 cup-----	.07

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Blueberries:					
Fresh-----	Pint (about 0.5 l)---	Uncooked-----	4-1/2	1/2 cup----	0.22
Canned-----	15 ounces (425 g)---	Fruit and juice-----	3-1/2	1/2 cup----	.29
		Fruit-----	1-1/2	1 cup-----	.72
Frozen:					
Unsweetened-----	10 ounces (284 g)---	Fruit-----	1-3/4	1 cup-----	.54
Brazil nuts:					
In shell-----	Pound (454 g)-----	Shelled:			
		Whole-----	1-3/4	1 cup-----	.60
		Chopped-----	1-3/4	1 cup-----	.56
Bread:					
Raisin-----	16 ounces (454 g)---	As purchased-----	18	1 slice-----	.06
Rye-----	16 ounces (454 g)---	As purchased-----	23	1 slice-----	.04
White, whole wheat, and cracked wheat:					
Regular slices-----	16 ounces (454 g)---	As purchased-----	15	1 slice-----	.07
Thin slices-----	16 ounces (454 g)---	As purchased-----	18	1 slice-----	.06
Breadcrumbs-----	8 ounces (227 g)----	As purchased-----	2	1 cup-----	.47
Bread stuffing mix-----	6 ounces (170 g)----	Prepared-----	6	1/2 cup-----	.17

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Broccoli:					
Fresh-----	Pound (454 g)-----	Cooked, drained:			
		Cuts-----	5-3/4	1/2 cup-----	0.18
		Spears-----	6-1/4	1/2 cup (about 2 large spears).	.16
Frozen:					
Cut-----	10 ounces (284 g)----	Cooked, drained-----	2-3/4	1/2 cup-----	.35
	20 ounces (567 g)----	Cooked, drained-----	5-3/4	1/2 cup-----	.18
Spears-----	10 ounces (284 g)----	Cooked, drained-----	2-3/4	1/2 cup (about 2 large spears).	.36
Brussels sprouts:					
Fresh-----	Quart, about 1 pound (454 g).	Cooked, drained-----	5-3/4	1/2 cup-----	.18
Frozen-----	10 ounces (284 g)----	Cooked, drained-----	3-1/2	1/2 cup-----	.28
Bulgur (parboiled wheat)	Pound (454 g)-----	Uncooked-----	3-1/4	1 cup-----	.31
		Cooked-----	10	1 cup-----	.10
Butter-----	16 ounces (454 g)----	As purchased-----	96 2	1 teaspoon-- 1 cup-----	.01 .50

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Cabbage: Fresh, green, red, or white.	Pound (454 g)-----	Uncooked: Chopped----- Shredded----- Cooked, drained: Shredded----- Wedges-----	4 5-3/4 5-1/2 3-3/4	1 cup----- 1 cup----- 1/2 cup---- 1/2 cup----	0.25 .17 .18 .26
Canned, red-----	16 ounces (454 g)----	Heated, drained-----	3-1/4	1/2 cup----	.32
Cabbage, Chinese: Fresh-----	1 head, about 2 pounds (907 g).	Uncooked, sliced-----	10-1/4	1 cup-----	.10
Cantaloup: Fresh-----	1 melon, about 1-1/2 pounds (680 g).	Wedges----- Pared, diced-----	4 4-1/4	1 wedge---- 1/2 cup----	.25 .23
Carrots: Fresh, without tops---	Pound (454 g)-----	Uncooked: Diced----- Shredded----- Sliced----- Strips----- Cooked, drained: Diced----- Sliced-----	2-1/2 3-1/2 3 6-1/4 5 5-1/4	1 cup----- 1 cup----- 1 cup----- 1/2 cup---- 1/2 cup---- 1/2 cup----	.39 .29 .33 .16 .20 .19

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Carrots--Continued					
Canned:					
Diced-----	16 ounces (454 g)-----	Heated, drained-----	3-3/4	1/2 cup-----	0.26
Sliced-----	16 ounces (454 g)-----	Heated, drained-----	3-3/4	1/2 cup-----	.27
Whole-----	16 ounces (454 g)-----	Heated, drained-----	3-1/2	1/2 cup-----	.28
Frozen:					
Sliced-----	10 ounces (284 g)-----	Cooked, drained-----	3-3/4	1/2 cup-----	.27
	20 ounces (567 g)-----	Cooked, drained-----	7-1/2	1/2 cup-----	.13
Whole-----	16 ounces (454 g)-----	Cooked, drained-----	5-1/2	1/2 cup-----	.18
Cashew nuts:					
Shelled, roasted-----	Pound (454 g)-----	Whole-----	3-1/4	1 cup-----	.30
		Chopped-----	3-1/4	1 cup-----	.30
Catsup-----	14 ounces (397 g)-----	As purchased-----	1-1/2 22	1 cup----- 1 tablespoon	.71 .05
Cauliflower:					
Fresh-----	Pound (454 g)-----	Uncooked:			
		Florets-----	3-1/4	1 cup-----	.30
		Pieces or slices-----	4	1 cup-----	.25
		Cooked, drained florets-----	5-1/2	1/2 cup-----	.18
Frozen-----	10 ounces (284 g)-----	Cooked, drained-----	3	1/2 cup-----	.34
Caviar, sturgeon:					
Canned:					
Granular-----	4 ounces (113 g)-----	As purchased-----	7	1 tablespoon	.14
Pressed-----	2 ounces (57 g)-----	As purchased-----	3-1/2	1 tablespoon	.29

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Celery:					
Fresh-----	1 medium bunch, about 1-1/2 pounds (680 g).	Uncooked:			
		Chopped-----	4-1/4	1 cup-----	0.24
		Diced-----	4	1 cup-----	.25
		Sticks-----	8	1/2 cup-----	.12
		Cooked, drained:			
		Chopped-----	7	1/2 cup-----	.14
		Diced-----	6	1/2 cup-----	.17
Cereals, cooked (see individual listing).					
Cereals, ready-to-eat:					
Bran-----	16 ounces (454 g)----	As purchased-----	7-1/2	1 cup-----	.13
Bran flakes-----	16 ounces (454 g)----	As purchased-----	13-1/4	1 cup-----	.07
Bran flakes with raisins.	20 ounces (567 g)----	As purchased-----	10	1 cup-----	.10
Corn flakes-----	12 ounces (340 g)----	As purchased-----	11-3/4	1 cup-----	.09
Corn flakes, sugar coated.	10 ounces (284 g)----	As purchased-----	7-1/2	1 cup-----	.13
Natural cereal-----	16 ounces (454 g)----	As purchased-----	7-3/4	1/2 cup-----	.13
Oat flakes-----	12 ounces (340 g)----	As purchased-----	8-1/2	1 cup-----	.12
Puffed rice-----	7 ounces (198 g)----	As purchased-----	15-1/4	1 cup-----	.07
Puffed wheat-----	6 ounces (170 g)----	As purchased-----	14-1/4	1 cup-----	.07
Rice flakes-----	10 ounces (284 g)----	As purchased-----	10-1/2	1 cup-----	.10
Shredded wheat-----	10 ounces (284 g)----	As purchased-----	8	1 cup-----	.12
Wheat flakes-----	12 ounces (340 g)----	As purchased-----	10-1/2	1 cup-----	.09
Chard, swiss:					
Fresh-----	Pound (454 g)-----	Cooked, drained-----	4	1/2 cup-----	.25

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Cheese:					
Cheddar (natural and process).	Pound (454 g)-----	Shredded----- Sliced-----	4-1/4 16	1 cup----- 1 ounce-----	0.23 .06
Cottage, creamed-----	12 ounces (340 g)----	As purchased-----	5-3/4	1/4 cup-----	.17
Cream-----	3 ounces (85 g)----- 8 ounces (227 g)-----	As purchased----- As purchased-----	3 7-3/4	2 tablespoons 2 tablespoons	.34 .13
Parmesan, grated-----	3 ounces (85 g)----- 8 ounces (227 g)-----	As purchased----- As purchased-----	12-1/4 32-1/2	1 tablespoon 1 tablespoon	.08 .03
Swiss (natural and process).	Pound (454 g)-----	Shredded----- Sliced-----	4-1/4 16	1 cup----- 1 ounce-----	.24 .06
Cheese products:					
Cheese food-----	8 ounces (227 g)----	Sliced-----	8	1 ounce slice	.12
Cheese spread-----	5 ounces (142 g)----	As purchased-----	4-3/4	2 tablespoons	.21
Cherries:					
Fresh:					
Sweet-----	Pound (454 g)-----	Pitted-----	5-1/4	1/2 cup-----	.19
Canned:					
Red, sour, pitted---	16 ounces (454 g)----	Fruit and juice----- Fruit-----	4 1-3/4	1/2 cup----- 1 cup-----	.26 .58
Sweet:					
Unpitted-----	16 ounces (454 g)----	Fruit and juice----- Fruit-----	3-1/2 1-1/2	1/2 cup----- 1 cup-----	.29 .72
Pitted-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.26

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen:		Fruit-----	1-1/2	1 cup-----	0.67
Red, sour, pitted:					
Sweetened-----	12 ounces (340 g)----	Fruit and juice-----	2-1/2	1/2 cup-----	.38
		Fruit-----	1-1/4	1 cup-----	.88
Cherries, maraschino:					
Bottled-----	8 ounces (227 g)-----	Fruit-----	3/4	1 cup-----	1.39
Chestnuts:					
In shell-----	Pound (454 g)-----	Shelled:			
		Whole-----	7-1/4	8 large-----	.14
		Cooked, mashed-----	1-1/4	1 cup-----	.74
Chicken:					
Fresh or frozen, ready-to cook:					
Fryers:					
Whole or cut up---	Pound (454 g)-----	Cooked-----	2	3 ounces cooked meat without bone.	.49
			1-1/4	1 cup diced cooked meat.	.78

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Chicken, fresh or frozen, ready-to-cook--Con. Parts:					
Breast halves (about 5-1/2 ounces each).	Pound (454 g)-----	Cooked-----	2-3/4	1/2 breast (about 2-3/4 ounces cooked meat without bone).	0.36
Drumsticks (about 3 ounces each).	Pound (454 g)-----	Cooked-----	2-1/2	2 drumsticks (about 2-1/2 ounces cooked meat without bone).	.39
Quarter, breast (about 11 ounces each).	1 breast quarter-----	Cooked-----	1	1 breast quarter (about 4-1/2 ounces cooked meat without bone).	1.00
Quarter, leg (about 10-3/4 ounces each).	1 leg quarter-----	Cooked-----	1	1 leg quarter (about 4-1/4 ounces cooked meat without bone).	1.00

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Thighs (about 3-3/4 ounces each).	Pound (454 g)-----	Cooked-----	2-1/4	2 thighs (about 3 ounces cooked meat without bone).	0.47
Wings (about 2-3/4 ounces each).	Pound (454 g)-----	Cooked-----	1-1/2	4 wings (about 2-3/4 ounces cooked meat without bone).	.66
Roasters-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked meat without bone.	.46
			1-1/2	1 cup diced cooked meat.	.72
Stewing chicken----	Pound (454 g)-----	Stewed-----	2	3 ounces cooked meat without bone.	.49
			1-1/4	1 cup diced cooked meat.	.78

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Chicken--Continued					
Canned:					
Whole, in broth----	52 ounces (1.47 kg)--	Heated, drained-----	4-1/2	3 ounces meat without bone.	0.22
Boneless, in broth-	5 ounces (142 g)-----	Heated, drained-----	1-1/2	3 ounces----	.68
Chicken broth, canned--	14-1/2 fluid ounces (429 ml).	Heated-----	1-3/4	1 cup-----	.55
Chickpeas:					
Dry-----	16 ounces (454 g)----	Uncooked-----	2-1/4	1 cup-----	.44
		Cooked, drained-----	12-1/2	1/2 cup-----	.08
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-3/4	1/2 cup-----	.28
Chicory (see endive).					
Chili sauce-----	12 ounces (340 g)----	As purchased-----	1-1/2 22-3/4	1 cup----- 1 tablespoon	.72 .04
Chocolate sirup-----	16 ounces (454 g)----	As purchased-----	12	2 tablespoons	.08
Chocolate topping-----	16 ounces (454 g)----	As purchased-----	12	2 tablespoons	.08
Chop suey vegetables---	16 ounces (454 g)----	Heated, drained-----	3	1/2 cup-----	.33
Citron, candied-----	8 ounces (227 g)-----	As purchased-----	1-1/4	1 cup-----	.74

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Clams:					
Fresh:					
Hard shell-----	Pound (454 g)-----	Cooked-----	3/4	3 ounces----	1.25
Soft shell-----	Pound (454 g)-----	Cooked-----	1-1/4	3 ounces----	.85
Canned, minced-----	7 ounces (198 g)-----	Heated, drained-----	1	3 ounces----	.95
Cocoa:					
Unsweetened-----	16 ounces (454 g)----	As purchased-----	2	1 cup-----	.49
		Prepared as beverage-----	32-1/2	1 cup-----	.03
Sweetened mix-----	8 ounces (227 g)-----	Prepared as beverage-----	28	1 cup-----	.04
Coconut:					
Fresh-----	Pound (454 g)-----	Shredded-----	2-3/4	1 cup-----	.37
Dehydrated, shredded, canned or packaged.	4 ounces (113 g)-----	As purchased-----	1-1/4	1 cup-----	.81
	8 ounces (227 g)-----	As purchased-----	2-1/2	1 cup-----	.40
Cod fillets, fresh or frozen.	Pound (454 g)-----	Cooked-----	3-3/4	3 ounces cooked fish.	.26
Coffee:					
Ground-----	16 ounces (454 g)----	Prepared as beverage-----	37	1 cup-----	.03
Instant:					
Freeze-dried-----	4 ounces (113 g)-----	Prepared as beverage-----	90-1/2	1 cup-----	.01
Powder-----	6 ounces (170 g)-----	Prepared as beverage-----	90	1 cup-----	.01

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Collards:					
Fresh, untrimmed-----	Pound (454 g)-----	Cooked, drained-----	6	1/2 cup-----	0.17
Canned-----	15 ounces (425 g)----	Heated, drained-----	3-1/4	1/2 cup-----	.31
Frozen:					
Chopped-----	10 ounces (284 g)----	Cooked, drained-----	3	1/2 cup-----	.34
Corn:					
Fresh:					
With or without husks.	Dozen-----	Husked, cooked, drained:			
		On cob-----	12	1 ear-----	.08
		Cut off cob-----	10	1/2 cup-----	.10
Canned:					
Cream style-----	16 ounces (454 g)----	Heated-----	3-1/2	1/2 cup-----	.29
Whole kernel:					
Vacuum pack-----	12 ounces (340 g)----	Heated-----	3-1/4	1/2 cup-----	.31
With liquid-----	16 ounces (454 g)----	Heated, drained-----	3-1/2	1/2 cup-----	.28
Frozen:					
Whole kernel-----	10 ounces (284 g)----	Cooked, drained-----	3-1/2	1/2 cup-----	.29
Corn grits:					
Regular-----	24 ounces (680 g)----	Uncooked-----	4-1/4	1 cup-----	.24
		Cooked-----	19	1 cup-----	.05
Quick cooking-----	24 ounces (680 g)----	Uncooked-----	4-1/4	1 cup-----	.24
		Cooked-----	17-1/4	1 cup-----	.06

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Cornmeal:					
Yellow:					
Degerminated-----	24 ounces (680 g)----	Uncooked-----	4-1/2	1 cup-----	0.22
		Cooked-----	19	1 cup-----	.05
Stone ground-----	24 ounces (680 g)----	Uncooked-----	5-1/4	1 cup-----	.19
		Cooked-----	21-1/2	1 cup-----	.05
White, self-rising with wheat flour added.	32 ounces (907 g)----	Uncooked-----	6-1/2	1 cup-----	.16
Corn sirup, dark or light (see sirups).					
Cornstarch-----	16 ounces (454 g)----	As purchased-----	3-3/4	1 cup-----	.28
Cowpeas (see Blackeye peas).					
Crabs:					
Fresh:					
Cooked in shell:					
Blue-----	Each, about 1 pound (454 g).	Cooked, shelled-----	1	1 (about 2-1/2 ounces cooked fish).	1.00
Dungeness-----	Pound (454 g)-----	Cooked, shelled-----	2-1/2	3 ounces cooked fish.	.39

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Crabmeat:					
Fresh, cooked-----	12 ounces (340 g)----	As purchased-----	4	3 ounces----	0.26
Canned-----	6-1/2 ounces (184 g)	Drained-----	1-3/4	3 ounces----	.60
Frozen-----	16 ounces (454 g)----	Thawed, drained-----	4-1/2	3 ounces----	.22
Crab products:					
Frozen:					
Crab cakes, fried--	6 ounces (170 g)-----	Heated-----	2	2 cakes (about 2-1/2 ounces).	.50
Deviled crab-----	6 ounces (170 g)-----	Heated-----	2	1 portion (about 3 ounces).	.50
Crackers:					
Graham-----	16 ounces (454 g)----	As purchased-----	30	2 crackers	.03
Round snack-----	16 ounces (454 g)----	As purchased-----	40	2 crackers	.02
Saltines-----	16 ounces (454 g)----	As purchased-----	56	2 crackers	.02
Soda-----	16 ounces (454 g)----	As purchased-----	41	2 crackers	.02
Cranberries:					
Fresh-----	Pound (454 g)-----	Uncooked: Whole-----	4-1/4	1 cup-----	.24

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Cranberry sauce, whole or strained: Canned-----	16 ounces (454 g)----	As purchased-----	6-3/4	1/4 cup-----	0.15
Cream:					
Half and half-----	1 pint (473 ml)----- 1 quart (946 ml)-----	As purchased----- As purchased-----	32 64	1 tablespoon 1 tablespoon	.03 .02
Sour-----	1/2 pint (237 ml)---- 1 pint (473 ml)-----	As purchased----- As purchased-----	16 32	1 tablespoon 1 tablespoon	.06 .03
Table (light)-----	1 pint (473 ml)----- 1 quart (946 ml)-----	As purchased----- As purchased-----	32 64	1 tablespoon 1 tablespoon	.03 .02
Whipping: Fresh or sterilized	1/2 pint (237 ml)----	Whipped-----	16	2 tablespoons	.06
Cucumbers:					
Fresh-----	1 cucumber, about 10 ounces (284 g).	Unpared, sliced----- Pared: Diced----- Sliced-----	2 1-3/4 1-3/4	1 cup----- 1 cup----- 1 cup-----	.52 .60 .61
Currants:					
Dried-----	11 ounces (312 g)----	As purchased-----	2-1/2	1 cup-----	.42
Dates:					
Dried:					
With pits-----	16 ounces (454 g)----	Whole----- Chopped-----	2-1/2 2-1/2	1 cup----- 1 cup-----	.40 .42
Pitted-----	16 ounces (454 g)----	Whole----- Chopped-----	2-3/4 2-3/4	1 cup----- 1 cup-----	.36 .38

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Duck, domestic: Fresh or frozen, whole	Pound (454 g)-----	Cooked-----	1	3 ounces cooked meat with- out bone.	0.94
Eggs: In shell-----	Dozen (any size)----- Dozen, large-----	Shelled, whole----- Shelled: Whole----- Whites----- Yolks-----	12 2-1/2 1-1/2 1	1 egg----- 1 cup----- 1 cup----- 1 cup-----	.08 .41 .62 1.14
Eggplant: Fresh-----	Pound (454 g)-----	Pared, diced, cooked, drained	3-1/2	1/2 cup-----	.29
Endive, curly, chicory, and escarole: Fresh-----	Pound (454 g)-----	Pieces-----	5-1/2	1 cup-----	.18
Farina: Quick-cooking-----	13-1/2 ounces (383 g)	Uncooked----- Cooked-----	2 12-1/2	1 cup----- 1 cup-----	.48 .08
Figs: Canned-----	17 ounces (482 g)----	Fruit and juice----- Fruit-----	3-3/4 1-1/4	1/2 cup----- 1 cup-----	.26 .75
Dried-----	16 ounces (454 g)----	Uncooked: Whole----- Chopped-----	2-1/2 2-3/4	1 cup----- 1 cup-----	.38 .37

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Filberts: In shell-----	Pound (454 g)-----	Shelled: Whole----- Chopped-----	1-1/2 1-3/4	1 cup----- 1 cup-----	0.70 .59
Fish: Frozen portions or sticks: Uncooked-----	16 ounces (454 g)----	Cooked-----	2-1/2	3 ounces cooked fish.	.38
Breaded, fried----	8 ounces (227 g)----	Heated-----	2-1/2	3 ounces cooked fish.	.42
Other (see individual kinds).					
Flounder fillets-----	16 ounces (454 g)----	Cooked-----	3-3/4	3 ounces cooked fish.	.26
Flour: Corn-----	16 ounces (454 g)----	Unsifted, spooned-----	4	1 cup-----	.26
Rice-----	16 ounces (454 g)----	Unsifted, spooned-----	3	1 cup-----	.33
Rye, whole grain----	16 ounces (454 g)----	Unsifted, spooned-----	5-1/2	1 cup-----	.18
Soy-----	16 ounces (454 g)----	Unsifted, spooned-----	4-3/4	1 cup-----	.21

See footnotes at end of table.

scription of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Flour--Continued					
Wheat:					
All-purpose-----	5 pounds (2.27 kg)---	Unsifted, spooned-----	18	1 cup-----	0.06
Cake-----	32 ounces (907 g)---	Unsifted, spooned-----	8-1/4	1 cup-----	.12
Gluten-----	32 ounces (907 g)---	Unsifted, spooned-----	6-3/4	1 cup-----	.15
Self-rising-----	32 ounces (907 g)---	Unsifted, spooned-----	7-1/4	1 cup-----	.14
Whole wheat-----	5 pounds (2.27 kg)---	Stirred, spooned-----	19	1 cup-----	.05
Frankfurters:					
8 per pound-----	Pound (454 g)-----	Heated-----	4	2 (about 3-3/4 ounces cooked meat).	.25
10 per pound-----	Pound (454 g)-----	Heated-----	5	2 (about 3 ounces cooked meat).	.20
Fruit cocktail:					
Canned-----	16 ounces (454 g)---	Fruit and juice-----	3-1/2	1/2 cup-----	.28
		Fruit-----	1-1/2	1 cup-----	.70
Fruit drink or punch:					
Canned-----	46 fluid ounces (1.36 l).	As purchased-----	11-1/2	1/2 cup-----	.09

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen concentrate---	6 fluid ounces (177 ml).	Reconstituted-----	6	1/2 cup-----	0.17
Fruits for salad:					
Canned-----	16 ounces (454 g)----	Fruit and juice----- Fruit-----	3-3/4 1-1/4	1/2 cup----- 1 cup-----	.27 .80
Fruits, mixed:					
Frozen, sweetened----	16 ounces (454 g)----	Fruit and juice----- Fruit-----	3-3/4 1-1/4	1/2 cup----- 1 cup-----	.27 .87
Dried-----	8 ounces (227 g)----	Cooked: Fruit and juice----- Fruit-----	5 1-3/4	1/2 cup----- 1 cup-----	.20 .56
Gelatin:					
Flavored-----	3 ounces (85 g)-----	As purchased----- Prepared with water or fruit juice.	1/2 4	1 cup----- 1/2 cup-----	2.22 .25
Unflavored-----	1 ounce (28 g)-----	As purchased-----	4	1 tablespoon (1 envelope).	.25
Goose:					
Fresh or frozen:					
Whole-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked meat without bone.	.61

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Grapefruit:					
Fresh-----	Pound (454 g)-----	Sections, without membrane--	2	1/2 cup-----	0.48
		Juice-----	1-3/4	1/2 cup-----	.57
Grapefruit juice:					
Canned-----	46 fluid ounces (1.36 1).	As purchased-----	11-1/2	1/2 cup-----	.09
Frozen concentrate---	6 fluid ounces (177 ml).	Reconstituted-----	6	1/2 cup-----	.17
Grapefruit sections:					
Canned-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.27
		Fruit-----	1	1 cup-----	.93
Grapefruit and orange sections:					
Fresh pack, chilled--	32 fluid ounces (946 ml).	Fruit and juice-----	8	1/2 cup-----	.12
		Fruit-----	3-1/4	1 cup-----	.31
Canned-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.28
		Fruit-----	1-1/4	1 cup-----	.81
Grapes:					
Fresh:					
Seedless-----	Pound (454 g)-----	Whole-----	5	1/2 cup-----	.20
With seeds-----	Pound (454 g)-----	Seeded, halves-----	5	1/2 cup-----	.20
		Whole-----	5-1/4	1/2 cup-----	.19
Canned-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.27
		Fruit-----	1-1/2	1 cup-----	.67

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Grape juice:					
Canned-----	32 fluid ounces (946 ml).	As purchased-----	8	1/2 cup-----	0.12
Frozen concentrate---	6 fluid ounces (177 ml).	Reconstituted-----	6	1/2 cup-----	.17
Haddock fillets-----	Pound (454 g)-----	Cooked-----	4	3 ounces cooked fish.	.25
Halibut steaks-----	Pound (454 g)-----	Cooked-----	4-1/4	3 ounces cooked fish without bone.	.24
Hominy:					
Canned-----	29 ounces (822 g)----	Heated, drained-----	6-3/4	1/2 cup-----	.15
Honey, strained-----	16 ounces (454 g)----	As purchased-----	1-1/2	1 cup-----	.71
Honeydew melon:					
Fresh-----	1 melon, about 1 pound 10 ounces (737 g).	Pared, diced-----	4	1/2 cup-----	.25
Ice cream:					
Brick, sliced-----	1 quart (946 ml)-----	As purchased-----	8	1 slice-----	.12
Bulk-----	1/2 gallon (1.89 l)---	As purchased-----	12	2/3 cup-----	.08
Jam, jelly, or preserves.	10 ounces (284 g)----	As purchased-----	14-1/4	1 tablespoon	.07

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Kale:					
Fresh, untrimmed-----	Pound (454 g)-----	Cooked, drained-----	6-1/4	1/2 cup-----	0.16
Canned-----	15 ounces (425 g)----	Heated, drained-----	3-1/2	1/2 cup-----	.28
Frozen:					
Chopped-----	10 ounces (284 g)----	Cooked, drained-----	3-3/4	1/2 cup-----	.27
Leaf-----	10 ounces (284 g)----	Cooked, drained-----	3	1/2 cup-----	.33
Kohlrabi:					
Fresh-----	Pound (454 g)-----	Cooked, drained-----	2-1/2	1/2 cup-----	.39
Lamb:					
Fresh:					
Chops:					
Loin, with bone--	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.46
Rib, with bone---	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat with- out bone.	.55
Shoulder, with bone.	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.46
Ground-----	Pound (454 g)-----	Cooked-----	3-3/4	3 ounces cooked lean meat.	.28

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Roasts:					
Breast, boneless, rolled.	Pound (454 g)-----	Cooked-----	2	3 ounces cooked lean meat.	0.51
Leg:					
With bone-----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat with- out bone.	.42
Without bone---	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.32
Shoulder:					
With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.46
Without bone---	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked lean meat.	.36
Stew meat-----	Pound (454 g)-----	Cooked-----	3-1/2	3 ounces cooked lean meat.	.28
Lard-----	16 ounces (454 g)----	As purchased-----	2	1 cup-----	.49
Lasagna noodles-----	16 ounces (454 g)----	Cooked-----	16	1 noodle----	.06

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Lemonade:					
Frozen concentrate---	6 fluid ounces (177 ml).	Reconstituted-----	3-3/4	1 cup-----	0.26
	12 fluid ounces (355 ml).	Reconstituted-----	8	1 cup-----	.12
Lemon juice:					
Canned or bottled----	16 fluid ounces (473 ml).	As purchased-----	2	1 cup-----	.50
Lemons:					
Fresh-----	Dozen-----	Juice-----	2	1 cup-----	.53
Lentils:					
Dry-----	16 ounces (454 g)----	Uncooked-----	2-1/2	1 cup-----	.41
		Cooked-----	13	1/2 cup----	.08
Lettuce:					
Head-----	Head, about 1 pound (454 g).	Pieces-----	5-3/4	1 cup-----	.18
		Shredded-----	7-1/2	1 cup-----	.14
Romaine-----	Pound (454 g)-----	Pieces-----	11-1/2	1 cup-----	.09
Limeade:					
Frozen concentrate---	6 fluid ounces (177 ml).	Reconstituted-----	3-3/4	1 cup-----	.26
Lime juice:					
Canned or bottled----	8 fluid ounces (237 ml).	As purchased-----	1	1 cup-----	1.00

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Limes: Fresh-----	Dozen-----	Juice-----	1-1/2	1 cup-----	0.64
Lobster: Fresh: Cooked in shell----	1 lobster, about 1 pound (454 g).	As purchased-----	1	1 (about 4-1/4 ounces cooked fish).	1.00
Frozen: Spiny tails-----	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces----	.35
Luncheon meats-----	Pound (454 g)-----	As purchased-----	16	1 ounce----	.06
Macadamia nuts, in shell	16 ounces (454 g)----	Shelled: Whole----- Chopped-----	1 1-1/4	1 cup----- 1 cup-----	.90 .75
Macaroni: Elbow-----	16 ounces (454 g)----	Uncooked----- Cooked-----	3-1/2 20	1 cup----- 1/2 cup----	.29 .05
Spiral-----	16 ounces (454 g)----	Uncooked----- Cooked-----	5-1/2 17-3/4	1 cup----- 1/2 cup----	.19 .06
Twist-----	16 ounces (454 g)----	Uncooked----- Cooked-----	6-3/4 22-1/2	1 cup----- 1/2 cup----	.15 .04
Mackerel: Canned-----	15 ounces (425 g)----	Drained-----	4-1/4	3 ounces----	.24

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Mangoes: Fresh-----	Pound (454 g)-----	Diced or sliced-----	3-1/2	1/2 cup-----	0.28
Margarine: Regular stick-----	16 ounces (454 g)----	As purchased-----	2	1 cup-----	.50
			97	1 teaspoon--	.01
Soft-----	16 ounces (454 g)----	As purchased-----	2-1/4	1 cup-----	.46
			106	1 teaspoon--	.01
Marmalade (see jams).					
Marshmallows, miniature	10-1/2 ounces (298 g)	As purchased-----	6	1 cup-----	.17
Mayonnaise (see salad dressings).					
Meats (see individual kinds).					
Melon balls: Frozen, unsweetened--	16 ounces (454 g)----	Fruit and juice-----	4-1/4	1/2 cup-----	.23
Milk: Fresh, fluid: Whole, skim, or buttermilk.	1 quart (946 ml)-----	As purchased-----	4	1 cup-----	.25
	1/2 gallon (1.89 l)--	As purchased-----	8	1 cup-----	.12
Canned: Condensed-----	15 ounces (425 g)----	As purchased-----	1-1/2	1 cup-----	.72
Evaporated-----	13 fluid ounces (384 ml).	As purchased-----	1-1/2	1 cup-----	.62

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
		Reconstituted-----	3-1/4	1 cup-----	0.31
Dry:					
Nonfat, instant----	12.8 ounces (363 g)--	As purchased-----	5	1 cup-----	.20
		Reconstituted-----	14-3/4	1 cup-----	.07
	25.6 ounces (726 g)--	As purchased-----	9-3/4	1 cup-----	.10
		Reconstituted-----	29-1/2	1 cup-----	.03
Mixed vegetables (see vegetables, mixed).					
Molasses-----	12 fluid ounces (355 ml).	As purchased-----	1-1/2	1 cup-----	.67
Mushrooms:					
Fresh-----	Pound (454 g)-----	Uncooked, sliced-----	4-3/4	1 cup-----	.22
		Cooked, drained, sliced-----	8-1/4	1/4 cup-----	.12
Canned, pieces-----	4 ounces (113 g)-----	Heated, drained-----	3	1/4 cup-----	.34
Muskmelon (see cantaloup).					
Mustard greens:					
Canned-----	15 ounces (425 g)----	Heated, drained-----	3-1/4	1/2 cup-----	.31
Frozen, chopped-----	10 ounces (284 g)----	Cooked, drained-----	3-3/4	1/2 cup-----	.27
Mustard, prepared-----	9 ounces (255 g)-----	As purchased-----	48-3/4	1 teaspoon--	.02

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Nectarines:					
Fresh-----	Pound (454 g)-----	Sliced-----	3	1 cup-----	0.33
		Whole-----	3-1/4	1 medium----	.32
Noodles:					
Medium width-----	16 ounces (454 g)----	Uncooked-----	12	1 cup-----	.08
		Cooked-----	17-3/4	1/2 cup-----	.06
Narrow width-----	16 ounces (454 g)----	Uncooked-----	10	1 cup-----	.10
		Cooked-----	24-1/2	1/2 cup-----	.04
Nuts (see individual kinds).					
Oats, rolled:					
Quick-cooking-----	18 ounces (510 g)----	Uncooked-----	7	1 cup-----	.14
		Cooked-----	12-1/2	1 cup-----	.08
Regular-----	18 ounces (510 g)----	Uncooked-----	6-3/4	1 cup-----	.15
		Cooked-----	12	1 cup-----	.08
Oil, cooking or salad--	24 fluid ounces (711 ml).	As purchased-----	3	1 cup-----	.33
	48 fluid ounces (1.42 l).	As purchased-----	6	1 cup-----	.17
Okra:					
Fresh, whole-----	Pound (454 g)-----	Cooked, drained-----	5	1/2 cup-----	.20
Canned, cut or whole-	15-1/2 ounces (439 g)	Heated, drained-----	3-1/4	1/2 cup-----	.32
With tomatoes-----	15 ounces (425 g)----	Heated-----	3-1/2	1/2 cup-----	.28

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen:					
Cut-----	10 ounces (284 g)----	Cooked, drained-----	2-1/2	1/2 cup-----	0.40
Whole-----	10 ounces (284 g)----	Cooked, drained-----	4	1/2 cup-----	.25
Oleomargarine (see margarine).					
Olives:					
Bottled:					
Green, stuffed, medium.	7 ounces (198 g)----	Drained:			
		Whole-----	5-1/4	1/4 cup-----	.19
		Sliced-----	6	1/4 cup-----	.17
Canned:					
Ripe, large-----	9 ounces (255 g)----	Drained:			
		Whole-----	18	3 olives----	.06
		Sliced-----	6-1/4	1/4 cup-----	.16
Onions:					
Green-----	Pound (454 g)-----	Sliced-----	6-3/4	1/4 cup-----	.15
Mature:					
Fresh-----	Pound (454 g)-----	Uncooked:			
		Chopped-----	2-1/4	1 cup-----	.42
		Sliced-----	3-1/2	1 cup-----	.28
		Cooked, drained:			
		Pieces-----	3-3/4	1/2 cup-----	.26
		Whole-----	3-1/4	1/2 cup-----	.30
Canned:					
Pearl-----	15-3/4 ounces (447 g)	Heated, drained-----	2-3/4	1/2 cup-----	.36

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Onions--Continued					
Frozen, chopped----	10 ounces (284 g)----	Uncooked-----	2-1/2	1 cup-----	0.39
Dehydrated, minced-	4-1/4 ounces (120 g)-	As purchased-----	4-3/4	1/4 cup-----	.21
Oranges:					
Fresh-----	Pound (454 g)-----	Sections with membrane-----	1-3/4	1 cup-----	.55
		Sections without membrane----	2	1/2 cup-----	.48
		Juice-----	1-3/4	1/2 cup-----	.54
	Dozen-----	Sections with membrane-----	9	1 cup-----	.11
		Sections without membrane----	9-1/4	1/2 cup-----	.11
		Juice-----	8-1/2	1/2 cup-----	.12
Orange juice:					
Fresh bottled-----	1 quart (946 ml)-----	As purchased-----	8	1/2 cup-----	.12
Canned-----	46 fluid ounces (1.36 l).	As purchased-----	11-1/2	1/2 cup-----	.09
Frozen concentrate---	6 fluid ounces (177 ml).	As purchased-----	3/4	1 cup-----	1.33
		Reconstituted-----	6	1/2 cup-----	.17
Oranges, mandarin:					
Canned-----	11 ounces (312 g)----	Fruit and juice-----	2-1/2	1/2 cup-----	.40
		Fruit-----	1	1 cup-----	.98
Oysters:					
Fresh, shucked-----	12 fluid ounces (355 ml).	Cooked, drained-----	3	3 ounces cooked fish.	.33

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen: Breaded, fried-----	7 ounces (198 g)-----	Heated-----	2	3 ounces----	0.48
Pancake mix-----	16 ounces (454 g)----	As purchased-----	3-3/4	1 cup-----	.27
Parsley: Fresh-----	1 bunch, about 1 ounce (28 g).	Chopped-----	20-1/4	1 tablespoon	.05
Dried flakes-----	1 ounce (28 g)-----	As purchased-----	30-3/4	1 tablespoon	.03
Parsnips: Fresh-----	Pound (454 g)-----	Cooked, drained, pieces-----	5-1/4	1/2 cup-----	.19
Peaches: Fresh-----	Pound (454 g)-----	Uncooked, peeled: Diced----- Sliced----- Whole-----	2-3/4 4 4	1/2 cup----- 1/2 cup----- 1 medium----	.38 .25 .25
Canned: Halves-----	29 ounces (822 g)----	Fruit and juice----- Fruit-----	6-1/2 2-1/4	1/2 cup----- 1 cup-----	.16 .47
Slices-----	29 ounces (822 g)----	Fruit and juice----- Fruit-----	6-1/2 2-1/4	1/2 cup----- 1 cup-----	.15 .46
Spiced, whole-----	17 ounces (482 g)----	Fruit-----	2	2 small-----	.50
Dried: Halves-----	8 ounces (227 g)-----	Uncooked-----	1-1/4	1 cup-----	.78

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peaches, dried--Continued					
		Cooked:			
		Fruit and juice-----	5	1/2 cup-----	0.20
		Fruit-----	1-3/4	1 cup-----	.60
Frozen:					
Slices, in sirup---	10 ounces (284 g)----	Fruit and juice-----	2-1/2	1/2 cup-----	.41
		Fruit-----	3/4	1 cup-----	1.19
Peanut butter:					
Crunchy-----	18 ounces (510 g)----	As purchased-----	15-1/2	2 tablespoons	.06
Smooth-----	18 ounces (510 g)----	As purchased-----	16-1/2	2 tablespoons	.06
Peanuts:					
Roasted:					
In shell-----	Pound (454 g)-----	Shelled:			
		Whole-----	2-1/4	1 cup-----	.45
		Chopped-----	2-1/2	1 cup-----	.41
Shelled, without skin.	Pound (454 g)-----	As purchased:			
		Whole-----	3	1 cup-----	.33
		Chopped-----	3-1/4	1 cup-----	.30
Pears:					
Fresh-----	Pound (454 g)-----	Uncooked:			
		Whole-----	2-1/2	1 medium----	.40
		Pared:			
		Diced-----	4-3/4	1/2 cup-----	.21
		Sliced-----	4-1/4	1/2 cup-----	.24
Canned, halves-----	16 ounces (454 g)----	Fruit and juice-----	4	1/2 cup-----	.25
		Fruit-----	1-1/4	1 cup-----	.85

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peas:					
Green:					
Fresh:					
In pod-----	Pound (454 g)-----	Shelled, cooked, drained-----	2	1/2 cup-----	0.50
Shelled-----	Pound (454 g)-----	Cooked, drained-----	5-1/4	1/2 cup-----	.19
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-1/2	1/2 cup-----	.29
Frozen-----	10 ounces (284 g)----	Cooked, drained-----	3	1/2 cup-----	.34
	20 ounces (567 g)----	Cooked, drained-----	6	1/2 cup-----	.17
Dry, whole-----	16 ounces (454 g)----	Uncooked-----	2-1/4	1 cup-----	.42
		Cooked, drained-----	12-3/4	1/2 cup-----	.08
Split, all varieties, dry.	16 ounces (454 g)----	Uncooked-----	2-1/4	1 cup-----	.45
		Cooked, drained-----	11-1/2	1/2 cup-----	.09
Peas and carrots:					
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-1/2	1/2 cup-----	.28
Frozen-----	10 ounces (284 g)----	Cooked, drained-----	3-1/2	1/2 cup-----	.29
Pecans:					
In shell-----	Pound (454 g)-----	Shelled:			
		Chopped-----	2	1 cup-----	.49
		Halves-----	2	1 cup-----	.49
Shelled-----	Pound (454 g)-----	Chopped-----	4-1/4	1 cup-----	.24
		Halves-----	4-1/4	1 cup-----	.24

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peppers, green:					
Fresh-----	1 pepper, about 3 ounces (85 g).	Uncooked:			
		Strips-----	3/4	1 cup-----	1.33
		Chopped or diced-----	1/2	1 cup-----	2.00
		Cooked, drained:			
		Whole-----	1	1 medium----	1.00
		Strips-----	1/2	1 cup-----	1.89
Frozen, diced-----	10 ounces (284 g)----	Uncooked-----	2	1 cup-----	.50
Perch fillets:					
Fresh or frozen-----	Pound (454 g)-----	Cooked-----	4	3 ounces cooked fish.	.25
Pickle relish-----	12 fluid ounces (355 ml).	As purchased-----	1-1/2 24	1 cup----- 1 tablespoon	.67 .04
Pickles, sweet-----	8 fluid ounces (237 ml).	Drained, chopped-----	1-1/4	1 cup-----	.83
Pie filling, canned----	21 ounces (595 g)----	As purchased-----	2-1/4	1 cup-----	.46
Pimientos:					
Canned-----	4 ounces (113 g)-----	Drained, chopped-----	6-1/4	1 tablespoon	.16
Pineapple:					
Fresh-----	1 pineapple, about 2-1/2 pounds (about 1.13 kg).	Diced-----	8	1/2 cup-----	.12

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Canned:					
In sirup:					
Chunks-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4-1/2 2	1/2 cup----- 1 cup-----	0.22 .53
Crushed-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4-1/4 1-1/2	1/2 cup----- 1 cup-----	.23 .65
Slices-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4 2	1/2 cup----- 1 cup-----	.25 .52
Tidbits-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4-1/2 2	1/2 cup----- 1 cup-----	.23 .51
In natural juice:					
Chunks-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4-3/4 1-3/4	1/2 cup----- 1 cup-----	.21 .55
Crushed-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4-1/2 1-3/4	1/2 cup----- 1 cup-----	.22 .54
Slices-----	20 ounces (567 g)----	Fruit and juice----- Fruit-----	4-1/2 1-3/4	1/2 cup----- 1 cup-----	.23 .54
Pineapple juice:					
Canned-----	46 fluid ounces (1.36 1).	As purchased-----	11-1/2	1/2 cup-----	.09
Pistachio nuts:					
In shell-----	Pound (454 g)-----	Shelled-----	1-3/4	1 cup-----	.57
Plums:					
Red:					
Fresh-----	Pound (454 g)-----	Uncooked: Whole----- Halves----- Slices-----	 3-3/4 2-1/2 2-1/2	 2 medium---- 1 cup----- 1 cup-----	 .26 .41 .40

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Plums--Continued					
Purple:					
Canned-----	30 ounces (850 g)----	Fruit and juice-----	7-1/4	1/2 cup-----	0.14
		Fruit-----	2	1 cup-----	.51
Popcorn-----	16 ounces (454 g)----	As purchased-----	2-1/4	1 cup-----	.43
		Popped with oil-----	47	1 cup-----	.02
Pork:					
Fresh:					
Chops:					
Loin, with bone--	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.45
Rib, with bone---	Pound (454 g)-----	Cooked-----	2	3 ounces cooked lean meat with- out bone.	.51
Ground-----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.33
Roasts:					
Ham:					
With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.47

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Without bone---	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked lean meat.	0.37
Loin: With bone-----	Pound (454 g)-----	Cooked-----	2	3 ounces cooked lean meat with- out bone.	.51
Without bone---	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.35
Shoulder: Boston butt: With bone----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat with- out bone.	.38
Without bone-	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.35
Picnic: With bone----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat with- out bone.	.53
Without bone-	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat.	.40

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Pork--Continued					
Sausage:					
Fresh:					
Bulk or link---	Pound (454 g)-----	Cooked-----	2-1/2	2 ounces cooked lean meat.	0.39
Frozen:					
Brown and serve	8 ounces (227 g)-----	Heated-----	2-1/4	2 ounces cooked lean meat.	.46
Spareribs-----	Pound (454 g)-----	Cooked-----	1-1/2	3 ounces cooked lean meat with- out bone.	.72
Variety meats:					
Heart-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat.	.47
Liver-----	Pound (454 g)-----	Cooked-----	3-1/4	3 ounces cooked lean meat.	.31
Cured (mild):					
Ham:					
With bone-----	Pound (454 g)-----	Baked-----	3	3 ounces cooked lean meat with- out bone.	.35

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Without bone-----	Pound (454 g)-----	Baked-----	3-3/4	3 ounces cooked lean meat.	0.26
Ground-----	Pound (454 g)-----	Cooked-----	4	3 ounces cooked lean meat.	.24
Shoulder: Boston butt: With bone-----	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked lean meat with- out bone.	.36
Without bone----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.32
Picnic: With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.46
Without bone----	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked lean meat.	.35
Bacon-----	Pound (454 g)-----	Cooked-----	8	3 slices	.12
Canadian bacon-----	6 ounces (170 g)----	Cooked-----	2	2 ounces cooked lean meat.	.53

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Pork products: Canned: Luncheon meat with natural juices.	12 ounces (340 g)----	Drained-----	3-1/2	3 ounces	0.28
Potatoes: Fresh-----	Pound (454 g)-----	Uncooked: Diced----- Sliced----- Strips----- Cooked, drained: Diced----- Mashed----- Sliced----- Whole, baked or boiled----	 2-1/4 2-1/4 3-1/4 4-1/4 4-1/4 4-1/2 3	 1 cup----- 1 cup----- 1 cup----- 1/2 cup---- 1/2 cup---- 1/2 cup---- 1 medium----	 .44 .42 .31 .23 .24 .22 .33
Canned: Whole-----	15 ounces (425 g)----	Heated, drained-----	3-1/4	1/2 cup----	.32
Dehydrated: Flakes-----	16 ounces (454 g)----	Reconstituted-----	24	1/2 cup----	.04
Frozen: French fries-----	9 ounces (255 g)---- 32 ounces (907 g)----	Heated----- Heated-----	1-3/4 6	1 cup----- 1 cup-----	.60 .17
Prunes: Canned-----	16 ounces (454 g)----	Fruit and juice----- Fruit-----	3-1/2 1-1/2	1/2 cup---- 1 cup-----	.29 .66

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Dried:					
Pitted-----	12 ounces (340 g)----	Uncooked-----	2	1 cup-----	0.50
		Cooked:			
		Fruit and juice-----	6	1/2 cup-----	.17
		Fruit-----	2	1 cup-----	.49
Unpitted-----	16 ounces (454 g)----	Uncooked:			
		As purchased-----	2-1/2	1 cup-----	.41
		Pitted, chopped-----	2-3/4	1 cup-----	.38
		Cooked:			
		Fruit and juice-----	9-1/4	1/2 cup-----	.11
		Fruit-----	3	1 cup-----	.34
Prune juice:					
Bottled-----	32 fluid ounces (946 ml).	As purchased-----	8	1/2 cup-----	.12
Pumpkin:					
Fresh-----	Pound (454 g)-----	Cooked, drained, mashed-----	1-1/4	1 cup-----	.84
Canned-----	16 ounces (454 g)----	As purchased-----	2	1 cup-----	.52
Radishes:					
Fresh, without tops---	6 ounces (170 g)-----	Whole-----	2-1/4	1/2 cup-----	.42
		Sliced-----	1-1/2	1 cup-----	.70
Raisins-----	15 ounces (425 g)----	Uncooked-----	3	1 cup-----	.34
		Cooked:			
		Fruit and juice-----	10-1/2	1/2 cup-----	.09
		Fruit-----	4-1/4	1 cup-----	.24

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Raspberries, red:					
Fresh-----	Pint (about 0.5 l)---	Washed-----	4-1/2	1/2 cup-----	0.22
Canned-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup-----	.27
		Fruit-----	1	1 cup-----	1.05
Frozen, in sirup-----	10 ounces (284 g)----	Fruit and juice-----	2-1/4	1/2 cup-----	.44
		Fruit-----	3/4	1 cup-----	1.54
Rhubarb:					
Fresh-----	Pound (454 g)-----	Cooked into sauce, sweetened-	4	1/2 cup-----	.26
Frozen:					
Unsweetened-----	16 ounces (454 g)----	Sweetened, cooked into sauce-	5-1/4	1/2 cup-----	.19
Rice:					
White:					
Regular:					
Long grain-----	16 ounces (454 g)----	Uncooked-----	2-1/4	1 cup-----	.43
		Cooked-----	17-1/2	1/2 cup-----	.06
Short grain-----	16 ounces (454 g)----	Uncooked-----	2-1/4	1 cup-----	.44
		Cooked-----	17-3/4	1/2 cup-----	.06
Parboiled:					
Long grain-----	16 ounces (454 g)----	Uncooked-----	2-1/2	1 cup-----	.40
		Cooked-----	17-3/4	1/2 cup-----	.06
Precooked:					
To be simmered----	14 ounces (397 g)----	Uncooked-----	6-1/4	1 cup-----	.16
		Simmered-----	19	1/2 cup-----	.05
Heated with boiling water.	14 ounces (397 g)----	Uncooked-----	4	1 cup-----	.25
		Prepared-----	21-1/2	1/2 cup-----	.05

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Granulated, for cereal.	16 ounces (454 g)----	Uncooked----- Cooked-----	2-1/2 13-1/4	1 cup----- 1 cup-----	0.39 .08
Brown: Long grain-----	16 ounces (454 g)----	Uncooked----- Cooked-----	2-1/2 20	1 cup----- 1/2 cup-----	.38 .05
Rutabagas: Fresh-----	Pound (454 g)-----	Cooked, drained: Diced----- Mashed-----	 4-1/4 3	1/2 cup----- 1/2 cup-----	.24 .34
Salad dressing, all kinds.	8 fluid ounces (237 ml). 16 fluid ounces (473 ml). 32 fluid ounces (946 ml).	As purchased----- As purchased----- As purchased-----	16 32 64	1 tablespoon 1 tablespoon 1 tablespoon	.06 .03 .02
Salmon: Fresh or frozen: Steaks-----	Pound (454 g)-----	Cooked-----	3-1/2	3 ounces cooked fish without bone.	.29
Canned-----	16 ounces (454 g)----	Drained-----	4-1/4	3 ounces	.23

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Sardines:					
Canned:					
Maine-----	3-3/4 ounces (106 g)-	Drained-----	1	3 ounces----	0.93
Pacific, in sauce---	15 ounces (425 g)----	Drained-----	4	3 ounces----	.25
Sauerkraut:					
Fresh pack, chilled---	16 ounces (454 g)----	Heated, drained-----	5-1/2	1/2 cup-----	.18
Canned-----	16 ounces (454 g)----	Heated, drained-----	5-3/4	1/2 cup-----	.17
Sausage (see pork).					
Scallops:					
Frozen-----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked fish.	.39
Frozen, breaded, fried.	7 ounces (198 g)-----	Heated-----	2	3 ounces.	.48
Sherbet-----	1 pint (473 ml)-----	As purchased-----	3	2/3 cup-----	.33
Shortening,	16 ounces (454 g)----	As purchased-----	2-1/2	1 cup-----	.41
hydrogenated.	48 ounces (1.36 kg)--	As purchased-----	7-1/4	1 cup-----	.14
Shrimp:					
Fresh or frozen:					
Uncooked, in shell--	Pound (454 g)-----	Cooked, peeled, cleaned-----	2-1/4	3 ounces cooked fish.	.43
Canned-----	4-1/2 ounces (128 g)-	Drained-----	1-1/2	3 ounces----	.66

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen: Breaded, uncooked---	16 ounces (454 g)----	Cooked-----	3-1/2	3 ounces----	0.29
Sirups: Chocolate (see chocolate sirup).					
Corn-----	1 pint (473 ml)-----	As purchased-----	2	1 cup-----	.50
Table, maple or maple- flavored.	1 pint (473 ml)----- 1 gallon (3.78 l)----	As purchased----- As purchased-----	16 128	2 tablespoons 2 tablespoons	.06 .01
Sole fillets: Fresh or frozen-----	Pound (454 g)-----	Cooked-----	3-3/4	3 ounces cooked fish.	.27
Soups: Canned:					
Condensed-----	10-1/2 ounces (298 g)	Reconstituted, heated-----	2-1/2	1 cup-----	.40
Ready-to-serve-----	8 ounces (227 g)----- 19 ounces (539 g)----	Heated----- Heated-----	1 2-1/4	1 cup----- 1 cup-----	1.00 .45
Dehydrated-----	2-5/8 ounces (74 g)--	Reconstituted-----	4	1 cup-----	.24
Spaghetti: Dry-----	16 ounces (454 g)----	Cooked-----	7-1/4	1 cup-----	.14

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Spaghetti--Continued Canned: With tomato sauce and cheese.	15 ounces (425 g)----	Heated-----	1-3/4	1 cup-----	0.60
Spaghetti sauce: Canned-----	15-1/2 ounces (439 g)	Heated-----	1-3/4	1 cup-----	.56
Spinach: Fresh, partly trimmed	10 ounces (284 g)----	Uncooked, pieces----- Cooked, drained-----	9-1/2 2-3/4	1 cup----- 1/2 cup-----	.11 .37
Canned-----	15 ounces (425 g)----	Heated, drained-----	2-3/4	1/2 cup-----	.36
Frozen: Chopped-----	10 ounces (284 g)----	Cooked, drained-----	1-3/4	1/2 cup-----	.59
Leaf-----	10 ounces (284 g)----	Cooked, drained-----	2	1/2 cup-----	.48
Squash: Summer: Yellow:					
Fresh-----	Pound (454 g)-----	Cooked, drained, sliced-----	4-1/4	1/2 cup-----	.24
Canned-----	16 ounces (454 g)----	Heated, drained-----	2-3/4	1/2 cup-----	.35
Frozen, sliced---	10 ounces (284 g)----	Cooked, drained-----	2-1/2	1/2 cup-----	.41
Zucchini: Fresh-----	Pound (454 g)-----	Cooked, drained, sliced-----	4-3/4	1/2 cup-----	.21
Frozen, sliced---	10 ounces (284 g)----	Cooked, drained-----	2-1/4	1/2 cup-----	.44

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Winter:					
Fresh:					
Acorn-----	1 squash, about 1 pound (454 g).	Baked in skin-----	2	1/2 squash--	0.50
Hubbard-----	Pound (454 g)-----	Cooked:			
		Diced-----	2-1/4	1/2 cup----	.46
		Mashed-----	2	1/2 cup----	.47
Butternut-----	Pound (454 g)-----	Cooked:			
		Diced-----	3-3/4	1/2 cup----	.27
Frozen-----	10 ounces (284 g)----	Heated-----	2-1/4	1/2 cup----	.46
Stew vegetables (pota- toes, carrots, onions, celery):					
Frozen-----	24 ounces (680 g)----	Cooked, drained-----	6-3/4	1/2 cup----	.15
Strawberries:					
Fresh-----	Pint (about 0.5 l)---	Washed, hulled:			
		Whole-----	4-1/4	1/2 cup----	.24
		Sliced-----	3-3/4	1/2 cup----	.26
Canned-----	16 ounces (454 g)----	Fruit and juice-----	3-3/4	1/2 cup----	.27
		Fruit-----	3/4	1 cup-----	1.52
Frozen:					
Sliced-----	10 ounces (284 g)----	Fruit and juice-----	2-1/4	1/2 cup----	.45
		Fruit-----	3/4	1 cup-----	1.41
Whole:					
Sweetened-----	12 ounces (340 g)----	Fruit and juice-----	2-3/4	1/2 cup----	.37
		Fruit-----	1	1 cup-----	1.02

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Succotash:					
Canned-----	16 ounces (454 g)----	Heated, drained-----	3-3/4	1/2 cup-----	0.27
Frozen-----	10 ounces (284 g)----	Cooked, drained-----	3	1/2 cup-----	.34
Sugar:					
Brown-----	16 ounces (454 g)----	Packed-----	2-1/4	1 cup-----	.47
Brown, granulated-----	16 ounces (454 g)----	As purchased-----	3	1 cup-----	.33
Confectioner's-----	16 ounces (454 g)----	Sifted-----	4-3/4	1 cup-----	.21
		Unsifted-----	4	1 cup-----	.25
Cubes-----	16 ounces (454 g)----	As purchased-----	76	1 cube-----	.01
Granulated-----	5 pounds (2.27 kg)---	As purchased-----	11-1/2	1 cup-----	.09
Sunflower seeds-----	4 ounces (113 g)----	Shelled, kernels-----	1/2	1 cup-----	2.27
Sweetpotatoes:					
Fresh-----	Pound (454 g)-----	Cooked:			
		Mashed-----	3	1/2 cup-----	.32
		Slices-----	5	1/2 cup-----	.20
		Whole, baked-----	2-1/2	1 medium----	.37
Canned:					
Sirup pack-----	16 ounces (454 g)----	Heated, drained-----	2-3/4	1/2 cup-----	.35
Vacuum pack-----	17 ounces (482 g)----	Heated-----	3-1/2	1/2 cup-----	.28
Frozen, glazed-----	12 ounces (340 g)----	Heated-----	3	1/2 cup-----	.33

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Swordfish steaks: Fresh or frozen-----	Pound (454 g)-----	Cooked-----	3-1/4	3 ounces cooked fish without bone.	0.30
Tangerines: Fresh-----	Dozen-----	Whole----- Sections-----	12 12-1/4	1----- 1/2 cup----	.08 .08
Tangerine juice: Canned-----	46 fluid ounces (1.36 l).	As purchased-----	11-1/2	1/2 cup----	.09
Frozen concentrate----	6 fluid ounces (177 ml).	Reconstituted-----	6	1/2 cup----	.17
Tapioca, quick-cooking--	8 ounces (227 g)-----	As purchased-----	1-1/2	1 cup-----	.70
Tartar sauce-----	16 fluid ounces (473 ml).	As purchased-----	32	1 tablespoon	.03
Tea: Leaves, loose-----	4 ounces (113 g)-----	Prepared as beverage-----	64	1 cup-----	.02
Instant-----	2 ounces (57 g)-----	Prepared as beverage-----	128	1 cup-----	.01
Tomatoes: Fresh-----	Pound (454 g)-----	Diced or sliced----- Whole-----	2 2-1/4	1 cup----- 1 medium----	.49 .44

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Tomatoes--Continued Canned-----	16 ounces (454 g)----	As purchased-----	2	1 cup-----	0.52
Tomatoes, cherry: Fresh-----	Pint (about 0.5 l)---	Washed-----	2-3/4	1 cup-----	.38
Tomato juice: Canned-----	46 fluid ounces (1.36 l).	As purchased-----	11-1/2	1/2 cup-----	.09
Tomato paste: Canned-----	6 ounces (170 g)----	As purchased-----	3/4	1 cup-----	1.54
Tomato puree: Canned-----	16 ounces (454 g)----	As purchased-----	1-3/4	1 cup-----	.55
Tomato sauce: Canned-----	8 ounces (227 g)----	As purchased-----	1	1 cup-----	1.04
Trout: Fresh or frozen: Dressed-----	Pound (454 g)-----	Cooked-----	3-3/4	3 ounces cooked fish without bone.	.27
Filletts-----	Pound (454 g)-----	Cooked-----	4	3 ounces cooked fish.	.24

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Tuna fish: Canned-----	6-1/2 ounces (184 g)-	Drained-----	2-1/4	3 ounces----	0.46
Turkey, ready-to-cook: Fresh or frozen: Whole, with giblets	Pound (454 g)-----	Cooked without neck and giblets.	2-1/4	3 ounces cooked meat without bone.	.44
			1-1/4	1 cup diced cooked meat.	.75
Ground-----	Pound (454 g)-----	Cooked-----	3-3/4	3 ounces cooked meat.	.26
Parts: Breast-----	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked meat without bone.	.36
			1-3/4	1 cup diced cooked meat.	.61
Drumstick-----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked meat without bone.	.42
Thigh-----	Pound (454 g)-----	Cooked-----	2-3/4	3 ounces cooked meat without bone.	.35

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Turkey, ready-to-cook, fresh--Continued Wings-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked meat without bone.	0.58
Canned: Boneless, in broth-	5 ounces (142 g)-----	Drained-----	1-1/4	3 ounces meat	.75
Frozen: Roasts, raw, bone- less.	Pound (454 g)-----	Cooked-----	3-1/4	3 ounces cooked meat.	.31
			2	1 cup diced cooked meat.	.52
Rolls, precooked---	Pound (454 g)-----	Heated-----	5	3 ounces meat	.20
			3	1 cup diced meat.	.34
Turnips: Fresh-----	Pound (454 g)-----	Uncooked, diced-----	2-3/4	1 cup-----	.35
		Cooked, drained:			
		Diced-----	4-1/4	1/2 cup-----	.23
		Mashed-----	3	1/2 cup-----	.33
Turnip greens: Canned-----	15 ounces (425 g)----	Heated, drained-----	3-3/4	1/2 cup-----	.26
Frozen-----	10 ounces (284 g)----	Cooked, drained-----	3	1/2 cup-----	.33

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Veal:					
Fresh:					
Chops:					
Loin, with bone--	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat with- out bone.	0.40
Rib, with bone---	Pound (454 g)-----	Cooked-----	2	3 ounces cooked lean meat with- out bone.	.49
Shoulder, with bone.	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.47
Cutlet, without bone.	Pound (454 g)-----	Cooked-----	4	3 ounces cooked lean meat.	.25
Ground-----	Pound (454 g)-----	Cooked-----	3-1/2	3 ounces cooked lean meat.	.29
Roasts:					
Breast:					
With bone-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat with- out bone.	.57
Without bone---	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat.	.39

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Veal, fresh, roasts, Con. Leg:					
With bone-----	Pound (454 g)-----	Cooked-----	2	3 ounces cooked lean meat with- out bone.	0.52
Without bone---	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.35
Shoulder:					
With bone-----	Pound (454 g)-----	Cooked-----	2-1/4	3 ounces cooked lean meat with- out bone.	.47
Without bone---	Pound (454 g)-----	Cooked-----	3	3 ounces cooked lean meat.	.33
Stew meat-----	Pound (454 g)-----	Cooked-----	2-1/2	3 ounces cooked lean meat.	.39
Variety meats:					
Heart-----	Pound (454 g)-----	Cooked-----	1-3/4	3 ounces cooked lean meat.	.53
Liver-----	Pound (454 g)-----	Cooked-----	3	3 ounces cooked meat.	.32

See footnotes at end of table.

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Vegetable juice cocktail: Canned-----	46 fluid ounces (1.36 l).	As purchased-----	11-1/2	1/2 cup-----	0.09
Vegetables, mixed: Canned (peas, snap beans, carrots, potatoes).	16 ounces (454 g)----	Heated, drained-----	3-3/4	1/2 cup-----	.27
Frozen (peas, snap beans, lima beans, carrots).	10 ounces (284 g)----	Cooked, drained-----	3	1/2 cup-----	.33
Walnuts, English: In shell-----	Pound (454 g)-----	Shelled, chopped-----	1-3/4	1 cup-----	.57
Shelled-----	Pound (454 g)-----	Chopped-----	3-3/4	1 cup-----	.26
Waterchestnuts: Canned-----	8-1/2 ounces (241 g)-	Drained-----	1 8-1/2	1 cup----- 2 chestnuts-	1.02 .12
Watermelon: Fresh-----	Pound (454 g)-----	Diced-----	3	1/2 cup-----	.34
Wheat germ-----	10 ounces (284 g)----	As purchased-----	2-1/2	1 cup-----	.40
Yogurt-----	8 fluid ounces (237 ml).	As purchased-----	1	1 cup-----	1.00

^{1/} Numbers are approximate.

^{2/} To determine the number of market units to buy, multiply the factor in this column by the number of servings or measures of the food needed.

